

# MARK ALLEN'S *TOTAL TRIATHLETE*



MARK ALLEN WITH BOB BABBITT



# Mark Allens Total Triathlete

**JL Elias**



## **Mark Allens Total Triathlete:**

**Mark Allen's Total Triathlete** Mark Allen, Bob Babbitt, 1988 The author recounts how he became involved in triathlons offers advice on cross training and describes some of his major victories and losses *Mark Allen's Total Triathlete* Mark Allen, Bob Babbitt, 1988 The author recounts how he became involved in triathlons offers advice on cross training and describes some of his major victories and losses

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**Triathlon Revolution** Terri Schneider, 2008-09-08 Includes a foreword by Iron Man Hall of Famer Scott Tinley Written with a fresh non technical yet authoritative approach Provides the latest and greatest developments in the industry Author is a widely respected athlete and coach Whether just getting interested in triathlons or a multi sport veteran readers of this new handbook will get tuned up and stoked to reach any performance goal Author Terri Schneider explains how to train for a first triathlon as well as how to formulate an ongoing experience or a longer term race regimen Basic techniques for building a foundation of success are accompanied by lessons in heart rate levels and suggestions for how to integrate a training schedule into daily life From the early stages of training and making decisions on what gear to buy through to race day and beyond Schneider covers everything from nutritional information to endurance issues mental strategies stretching setting up transition areas off season training and more

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**Great Athletes**, 2010 *Triathlons for Fun* Sally Edwards, 1992 **Triathlon** Pat Ryan, Bill Lund, 1996 Describes the history equipment personalities and contemporary practice of the triathlon

**The New York Road Runners**

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